SEE PAGE 11

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Starbucks' green cup has customers seeing red

REACTION ON THE METRO APP

Story, metroNEWS

Home school issues legal challenge

EDUCATION

Trinity disputes government report alleging misspending

Two agencies overseeing thousands of home-schooled children in Alberta are asking a court to reverse the province's decision to pull funding and accreditation over allegations of misspending.

Trinity Christian School Association and the Wisdom Home Schooling Society say in a court application that they have done nothing wrong.

They say the province approved their finances for years, and the decision to pull the plug last week came with no notice and no chance to tell their side of the story.

"The closure has already caused enormous stress, anxiety, hardship and uncertainty to 3,500 students and their parents," says the application filed in Grande Prairie Court of Queen's Bench on Tuesday.

"The (closure) decision (by the province) must comply with the rule of law, including the public law principles that require public decision-makers to act fairly and reasonably."

Trinity and Wisdom, along with some parents, are asking a Court of Queen's Bench judge for an injunction to reverse the closure until both sides can present their cases in greater detail.

The hearing is set for Friday in Grande Prairie.

A spokesman for Education Minister David Eggen declined comment. "As the matter you have inquired about is before the courts, we cannot comment further," said Jeremy Nolais in a statement Wednesday.

"Our first priority continues to be assisting with families and students to make their transition to a new school authority as smooth as possible."

Nolais said 121 of the students affected have found new schooling arrangements.

Trinity had been receiving more than $5 million a year from the province to administer the program. Trinity, in turn, was subcontracting the work to Wisdom, a non-profit agency run by Trinity administrator Ken Noster.

On Oct. 25, Eggen cancelled accreditation and funding for Trinity and, by extension, Wisdom. He cited a government report that alleged numerous spending irregularities over the last three years. THE CANADIAN PRESS

Border blues

Musicians face rising visa fees to play U.S. gigs

metroNEWS

Anthony Kameka, lead singer of Windigo, says the cost of visas for U.S. shows is prohibitive. ELIZABETH CAMERON/METRO

★ U.S. ELECTION ★

The last ideological divide — Scorpio vs. Gemini, metroVIEWS

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metro NEWS

Your essential daily news

Nicaraguan president's life mate is now his running mate. **World**

REMEMBRANCE

Real-estate agent apologizes for ad

Helen Pike
Metro | Calgary

November is a month to remember, but probably not for low house prices.

A local real estate agent is apologizing online after an ad with his name attached appeared in a local community newsletter.

The flyer appears to depict poppies adorning the tomb of the unknown solider, with a caption that read: "November is a month to remember….remember when prices were this low?"

This was printed and delivered as part of the Chinook Park Kelvin Grove & Eagle Ridge Community Newsletter for November — delivered to thousands of households in the area.

"That was written in error, we've apologized for that," said Gary Fayerman with Re/Max First. "We made a mistake and we take full ownership of it."

But Spencer Wallace, whose family lives a few doors down from Fayerman, isn't sympathetic.

"A war where millions of people died, essentially a whole generation of Canadians, Americans, Europeans were wiped out — like, No, that's wrong!" said Wallace. "This is an image of a world war soldier's helmet surrounded by poppies, that's not an error."

A photo of the ad, which has since been circulated online.
FACEBOOK

LICENSING FEES

Uber readies for bylaw

It could be the season to be jolly and take an Uber.

Although the company is fully capable of operating under the city's current laws, the ride-for-hire giant is holding out for one large tweak in the city's livery bylaw.

Uber is gearing up for an early December launch, with a large caveat: that the City of Calgary implement bylaw changes to enable companies to foot most of administration's costs, instead of drivers.

In late November, Calgary's councillors will debate the licensing fee changes. These will take drivers off the hook for a $220 upfront fee and instead charge companies for a threshold of how many drivers they have working and a per-trip fee of $0.20.

On Wednesday Uber sent their drivers an email, asking them to get their paperwork in order for a holiday season launch.

HELEN PIKE/FOR METRO

'Thorough review' of Calgary police urged

DISCRIMINATION

Councillor offers ideas for fixing workplace issues on force

Lucie Edwardson
Metro | Calgary

Despite pushback from Calgary's chief of police, the Calgary Police Commission (CPC), and Mayor Naheed Nenshi, Coun. Diane Colley-Urquhart will continue to fight for improved workplace culture within the police force.

The Calgary city councillor has been at the centre of ongoing controversy around a three-year-old CPS workplace study which called for a "thorough review" of the CPS internal structure around these issues.

"I'm up for the challenge," she said. "You know what? Sunshine is a good thing."

On Tuesday evening, Colley-Urquhart shared a proposal for discussion on Twitter that she'll be taking to the CPC.

> **There will undoubtedly be pushback from within the senior ranks of the CPS.**
> Excerpt from the proposal

Diane Colley-Urquhart released her proposal for discussion on Twitter late Tuesday evening.
LUCIE EDWARDSON/METRO

"Whether it's fear of retaliation, bullying or they feel they're being discriminated against because of their diversity, there are a lot of shared issues for the men and women," she said.

In her proposal, Colley-Urquhart said there's opportunity for the CPC, in cooperation with the chief of police, to take immediate and positive action to improve the CPS workplace environment.

Colley-Urquhart said with much finger pointing between the CPC, CPS and herself, the response can be best described as defensive rather than transparent.

"In addition, the focus has somehow been trained on this small group of policewomen and their concerns rather than the broad depth of the issues identified in the review," said the proposal. "None of this is productive, nor is it likely to result in positive change."

In her proposal, Colley-Urquhart offers a few possible initiatives to help improve workplace culture at CPS, including disbanding CPS' HR department and instead using the City of Calgary's.

"Because many of the HR decisions within the CPS contain an operational aspect, this proposal is likely a non-starter," reads the document. "However, that is not to say synergies between the two HR departments could not be established in order for the CPS to benefit from the experience currently existing within the city HR department and the thousands of city employees including sworn police officers and civilians working within the CPS."

Additionally, Colley-Urquhart laid out the recommendation of immediately engaging a qualified consultant to establish the position of Independent Member Advocate with a third party reporting protocol.

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HUDSON'S BAY

Anthony Kameka, lead singer of Windigo, is taking his band down to the U.S. next year for the very first time. COURTESY ELIZABETH CAMERON

New U.S. visa fee irks local bands

ENTERTAINMENT

Shows south of border cost entertainers a pretty penny

Josie Lukey
For Metro | Calgary

When Anthony Kameka chose his band name, he certainly didn't think it would have a literal meaning to the band's exposure.

Which is why Kameka's band Windigo — taken from an indigenous mythical prairie creature — is beginning to worry that regional exposure is all they'll get as a result of an increased fee required to play shows in the U.S.

According to the U.S. Department of Homeland Security, in order to qualify for a P-2 Visa, a sponsoring organization or employer in the U.S. must file a Form I-129 — a petition for a non-immigrant worker targeted to the entertainment industry. The fee required for obtaining Form I-129 is jumping from $325 to $460 per person as of Dec. 23. Calculate the U.S. exchange rate, and that price increases even more.

For Kameka and many other up-and-coming artists, the increased rates mean entertainers are having to dig into their own pockets in order to reach audiences and gain precious exposure.

"It's not as easy as, 'Let's go play in Lethbridge tomorrow,'" said Kameka.

> **"It's not as easy as, 'Let's go play in Lethbridge tomorrow.'"**
> Anthony Kameka of Windigo

Liana White of the Canadian Federation of Musicians said that it's definitely a heavier financial burden, but it depends on the opportunity being presented to them. The federation previously lobbied with artist groups to speak out against the increase unsuccessfully.

"Even though we were fighting against it, we were not as hopeful that we would be successful because of the time frame," White said.

There hasn't been an increase to the fee in close to six years.

Yet White said she would like to see the process simplified, including lowering the processing time per permit which currently rests at 70 to 90 calendar days.

To help, the federation offers grants to musicians looking for financial relief, but Kameka said those are extremely hard to get.

Nonetheless, Kameka has plans to take his local band to perform three shows for the first time in the U.S. next year. He said he's over-preparing to ensure he reaches his audience.

"We've come to it with an angle of being prepared, like going in (to) it being prepared. Otherwise you'll never reach your audience out there," he said.

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Proposed junk mail fine offers relief to resident

CITY COUNCIL

New bylaw could mean fines for distributors

Helen Pike
Metro | Calgary

It's an image that stays with kids, and families, but that's what the Canadian Centre for Bioethical Reform wants.

On Wednesday, city councillors debated new bylaw amendments in the Community and Protective Services committee. If accepted into law by council groups like CCBR could face fines between $50 and $100 per offence if residents with "no junk mail" signs report them to the city's bylaw officers.

"It's a vital part of our community to be able to circulate information, upcoming events, whether they're controversial or not," said Cameron Côté, activism and outreach director at CCBR's Calgary office.

Postcards like this one have appeared on Calgarians' doorsteps for years. Now it looks like groups passing them out could get fines in certain circumstances. METRO FILE

Côté said it would affect how a wide variety of groups are able to communicate their message to the community because putting out advertisements in newspapers or on television can be cost-prohibitive.

The bylaw exempts community associations, and any federal, provincial or municipal government communications.

For some Calgarians the fine comes as a relief, as day home operators and parents have been calling on the city, or federal government, to act in the case of these graphic handouts.

Stacey Watson has found pro-life postcards in her mailbox, thankfully before her kids got to them. And she since has had another delivery she counts herself lucky enough to have intercepted; she ran out in her socks to confront the young man who delivered that second flyer.

"It's freedom of speech, I'm a believer of freedom of speech," Watson said.

"But I do think there should be some sort of moral stance on it. I would say the bylaw doesn't go far enough — there needs to be an acknowledgement about how hate speech (racially charged materials) is distributed."

MARIJUANA

Pot politics

Brodie Thomas
Metro | Calgary

Thinking about getting some new "houseplants" once the federal government legalizes marijuana in the spring? Think again.

The city is discussing its position on pot legalization at committee Tuesday, and it's spelled out its wish list for the feds as they wrestle with new legislation.

For one thing, the city doesn't want pot to be grown in the average household due to mould and fire risks. Administration is also discussing how to amend nuisance bylaws to deal with complaints from neighbours about second hand smoke.

"This is going to be the first major strategic discussion we have on this subject," said Ward 9 Coun. Gian-Carlo Carra. "If there are some major things coming down the political pipe, I imagine we'll learn it (Thursday)."

Carra said it looks as if the tax revenue from legal marijuana will primarily go to the provincial and federal governments, while municipalities will carry the weight when it comes to enforcement.

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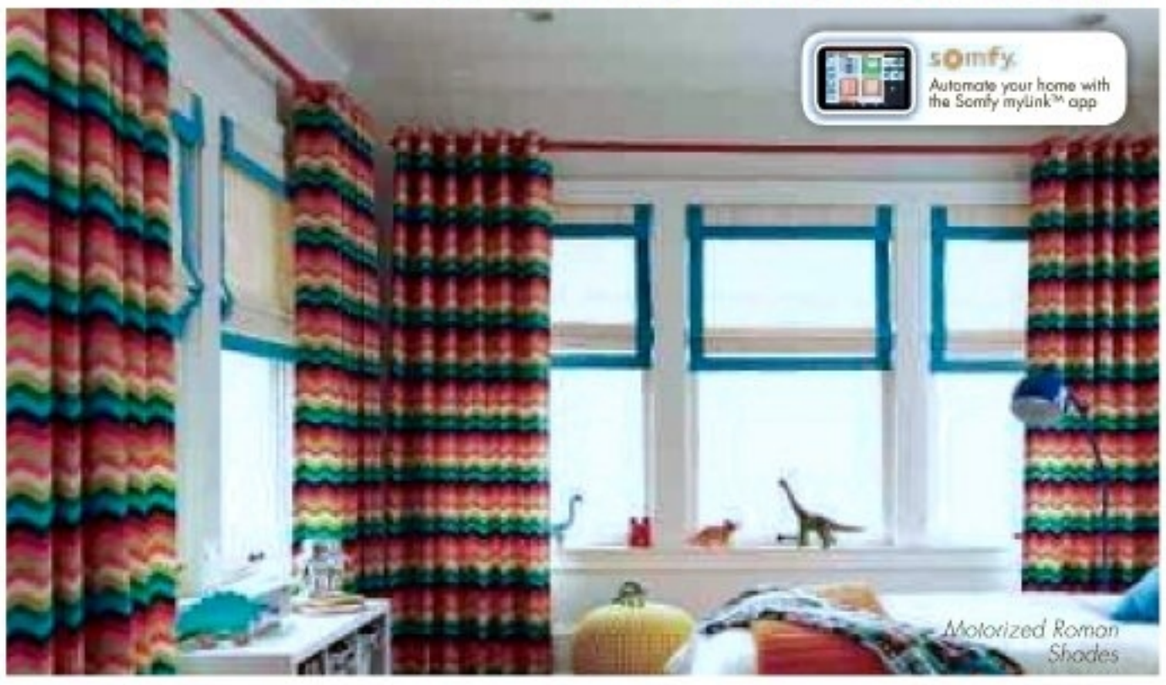

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Treaty 7 and Métis flags raised at MRU

INDIGENOUS ISSUES

An important step towards reconciliation, student says

Karen Inhestern felt nothing but pride when she saw the Treaty 7 flag flying high at her school.

As part of Indigenous Awareness Week, the Treaty 7 and Métis flags were raised and are now flying permanently alongside the Canada and Alberta flags at Mount Royal University (MRU).

Inhestern, in her third year of history and Indigenous studies at MRU, attended the ceremony. She is from the Little Red River Cree Nation in Alberta.

"It meant a lot to me," Inhestern said. "We are finally seeing action being taken towards reconciliation."

Around 50 people attended the ceremony, including members from Treaty 7, the Métis community, and non-Indigenous students and faculty.

"Many people are extremely supportive and want to know about our shared history that has, for the most part, not been taught," Inhestern said.

Steve Kootenay-Jobin and Karen Inhestern are seen with Métis and Treaty 7 flags inside the Iniskim Centre at Mount Royal University. ELIZABETH CAMERON/FOR METRO

Steve Kootenay-Jobin, the Indigenous housing and events coordinator with the Iniskim Centre at MRU, has been busy all week.

"Seeing the flags go up was a huge step forward for me. It had me grinning from ear to ear," he said.

Indigenous Awareness Week wraps up on Nov. 5 with the 22nd annual Honouring Graduates Pow Wow. Kootenay-Jobin said for many students, the pow wow is an important cultural celebration of their achievements.

"Many of these graduates are the first in their families to complete post-secondary," he added.

"For so many years Indigenous histories and cultures have almost been erased from academia. We've taken some big steps forward over the past few years. To have an ongoing, continuous relationship — to me, that spells out reconciliation."

ELIZABETH CAMERON/FOR METRO

EDUCATION

Parents in dark about sunshine-list debate

Lucie Edwardson
Metro | Calgary

A Calgary parent group is weighing in on the Calgary Board of Education sunshine list debate — or lack thereof.

Metro reported in October that trustee Amber Stewart brought forward the motion to discuss with the CBE board of trustees, but it didn't get any further than that.

The Calgary Association of Parents and School Councils (CAPSC) said Wednesday that the decision to have the sunshine list discussion "in the dark" was troublesome and pointed to salary increases in some head office functions that raise flags.

"The reality is that every dollar that comes out of the classroom is a dollar that doesn't directly support children and teachers," said CAPSC spokeswoman Lisa Davis.

CAPSC said increases range from 8 to 40 per cent , with the highest being 40 per cent in increase for certified teachers in human resources and 25 per cent increase for certified teachers in learning innovations.

"What we can infer from these increases is that there is a serious inability by the board of trustees to control costs at head office," said Davis.

Stewart said she's pleased to see a parent group passionate about this issue.

All agencies, boards, and commissions had until June 2016 to release their sunshine lists. School boards were excluded from this transparency requirement.

CAPSC said school boards should be held to the highest standards of transparency and accountability.

"Ultimately it affects children," said Davis.

Metro reached out to CBE board chair Joy Bowen-Eyre but did not receive a response by print deadline, however a statement from Brad Grundy, the CBE's chief financial officer, was provided by email.

"It's unfortunate that the analysis done by CAPSC is grossly inaccurate," he said. "It's absurd to imply that a certificated teacher, under a collective agreement, would receive a 40 per cent raise.

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AMVIC

Short film making waves

RECREATION

Surf is up at CUFFS.Docs annual festival

Aaron Chatha
Metro | Calgary

This year's Calgary's documentary film festival, CUFF.Docs, is getting a little wet and wild.

The lineup, unveiled this week, includes a screening of Gaza Surf Club, which will open with a short documentary by Calgarian Desiree Bilon called Surf Anywhere.

Bilon chronicled the efforts of Alberta group Surf Anywhere as they created river surfing waves in Kananaskis.

The technology they used could then be replicated in other land-locked areas of the world, truly allowing athletes to surf anywhere.

Essentially, a dam is opened and water flows over a drop. A hole has been created at the base of the drop, creating surf-able waves when the water hits.

Surf Anywhere follows a group trying to create waves in land-locked Alberta.
COURTESY ROBERT BISHOP

"You're not actually travelling with the wave, you're doing the travelling on the face of the wave," explained Bilon. "At first it was a strange concept — even though you're travelling on the face of the wave, you're not travelling towards anything. You're just in the same place. But the sensation is very similar to surfing in the ocean."

The project came at the right time for Bilon — the former competitive surfer suffered a serious leg injured, and had moved back to Calgary to undergo physiotherapy.

Just as her body was ready to get back into the surfing world, she heard of this project, and decided it was worth documenting.

> **The sensation is very similar to surfing in the ocean.**
> Desiree Bilon, on riding river waves in Kananaskis

It's a natural fit to screen before Gaza Surf Club, which follows the surfers of Gaza battling waves despite war and strict sanctions on surfboards.

Another Calgary-related project featured at CUFF.Docs is a short documentary about the 2015 Stampede.

National and international documentaries include 24X36, a doc about movie posters; We Are X, which chronicles the career of a Japanese rock band; and The Last Lab, which explores taboo joke subjects, such as the Holocaust.

CUFF.Docs runs from Nov. 17 to 20. For more information, visit www.calgaryundergroundfilm.org.

IN BRIEF

Sharp objects found in Halloween candy reported

RCMP in two communities near Calgary are investigating sharp objects found in Halloween candy.

Cochrane RCMP are investigating the appearance of sewing needles found inside two chocolate bars collected for Halloween in Cochrane.

Okotoks RCMP say parents reported their child finding a razor blade loose amongst his Halloween candy.

METRO

Alberta to emerge from recession: ATB Financial

ATB Financial says it expects the worst of the energy downturn to be over and Alberta to emerge from a two-year recession caused by the collapse of oil prices.

In its latest economic outlook, the provincially owned bank says it expects Alberta's economy to grow 2.1 per cent next year after a forecasted contraction of 2.6 per cent this year and a shrinking of four per cent last year.

THE CANADIAN PRESS

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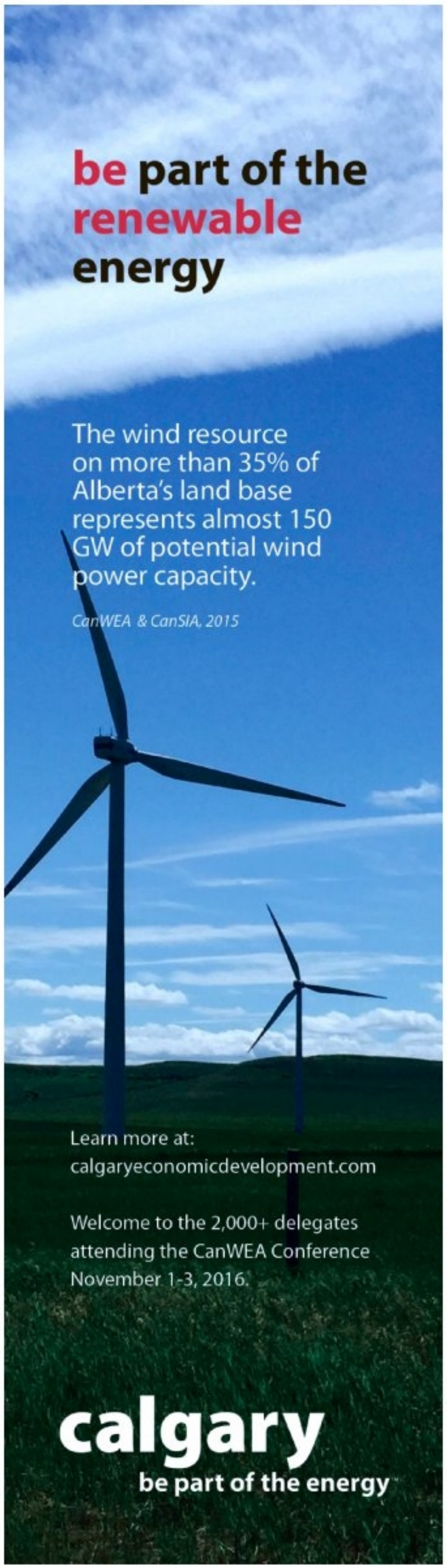

Searchers honoured through Instagram

DOCUMENTARY

Project follows people who hunt for the disappeared

Jessica Botelho-Urbanski
For Metro | Winnipeg

An Instagram storytelling project is finding beauty among the tragic stories of Winnipeg search and rescue efforts.

As a companion to a new National Film Board-sponsored documentary called This River, producers Katherena Vermette and Alicia Smith set out to tell the stories of those who comb Winnipeg's nooks and crannies, looking vigilantly for missing loved ones. Members of the Bear Clan Patrol, who search by foot, and Drag the Red, who search along the rivers, are featured in a series of more than 80 photos and interviews, rolled out over two months on the Instagram page @WhatBringsUsHere.

"We really worked to take people inside kind of the very human experience of what it's like to have a missing family member and then the work that's born out of that — that sort of intense motivation for the need to just do something," said Smith, a Winnipeg-based National Film Board producer.

The photos, shot by Winnipeg's Janine Kropla, Mark Reimer and Karen Asher, alternate between depicting searchers in action and posing for portraits, paired with captions describing why they're motivated to keep looking for answers.

Kyle Kematch, one of the lead organizers of Drag the Red, is featured in the documentary and Instagram series. He admits he doesn't like sharing his personal story about his missing sister Amber Guiboche repeatedly —Guiboche went missing in November 2010 — but he's willing to do whatever it takes to keep her name top of mind.

"I don't like talking to the media or anything like that. I do it for Amber. We have to get her name out there and that's all I really can do," Kematch said.

A screening of This River is happening Saturday at 4 p.m. at Cinematheque.

Drag the Red cofounder Kyle Kematch pulls up a cloth from the Red River. @MARKREIMER/INSTAGRAM

Volunteers scour the Red River for evidence. @MARKREIMER/INSTAGRAM

NOVA SCOTIA

Police catch up to pet pig on the run

Haley Ryan
Metro | Halifax

Maybe he just wanted to dance.

On Tuesday, Halifax Regional Police officers helped Kevin Bacon, a potbellied pig, find his way back to his owner in Dartmouth after he got a little footloose and strayed from home.

According to a social media post, two officers were called to Russell Street, where they found and returned Mr. Bacon safely to his owner who lived in the area.

"He was not in any danger because he abided by the rules of the road and stayed on the sidewalk," police spokeswoman Const. Dianne Woodworth said Wednesday.

Woodworth added Mr. Bacon wasn't running for his life away from a farm as "he's a domestic pig, and he's okay with that."

The responding officers didn't have a hard time rounding him up either, Woodworth said, as "he's obviously a very friendly pig."

"He was just out checking out things. He didn't think he was doing anything wrong, which he wasn't. He just wasn't attended by anybody," Woodworth said.

Kevin Bacon. CONTRIBUTED

REFUGEES

Groups in dark on Yazidi resettlement

More than a week after Ottawa announced it would bring in Yazidi refugees within four months, the community and its supporters are still waiting for details of Canada's resettlement plan.

"After a long period of silence, we were happy to see the Canadian government taking action. But they are keeping us in the dark," said Majed El Shafie, founder of Toronto's One Free World International, which has 300 aid workers in Iraq and Syria assisting Yazidi refugees.

"The government needs to be open and honest about how many they are bringing in, what the process is (for) choosing the refugees and how they are going to resettle them in Canada."

El Shafie, who came to Canada as a refugee from Egypt in 2002, was among 11 community groups and leaders who held a news conference Wednesday calling on the government to provide concrete targets and a timeline of its plan.

"I hope our Canadian government does not make the same mistakes where the real victims are ignored and others benefit instead due to political interests," said Mirza Ismail, founder and chairman of Yezidi Human Rights International.

The Yazidis are a religious minority from northern Iraq and have been targeted by Daesh militants with rape, torture and murder. There are tens of thousands of Yazidis displaced as a result of persecution in Iraq and Syria.

El Shafie said the coalition is happy to work with officials in screening and preparing the application referrals with help from their aid workers on the ground.

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NICARAGUA

President's wife behind popularity

On bright-pink billboards across the Nicaraguan capital, President Daniel Ortega looms triumphantly over motorists ahead of next Sunday's vote, where he's considered a shoo-in.

He's almost never alone in those ads: Accompanying Ortega is the smiling visage of his first lady, spokeswoman and now running mate, Rosario Murillo.

"That woman is the one who rules in the country," said fruit vendor Roberto Mayorga. "If 'the man' dies, she'll be there."

Murillo is beloved by many poor Nicaraguans and Sandinista faithful, consistently polling around 70 per cent approval.

When the government makes public announcements, they usually come in Murillo's voice. She has represented Ortega overseas and spearheaded the installation of giant metal "trees of life" sculptures in the capital, a beautification campaign that opponents have criticized as costly but which many residents appreciate.

"She's become really the public face of the administration, and I think that's helped her popularity immensely," said Christine Wade, a political scientist at Washington College in Maryland. THE ASSOCIATED PRESS

Nicaragua's President Daniel Ortega and first lady Rosario Murillo. THE ASSOCIATED PRESS

American Muslims cringing at portrayal

★ U.S. ELECTION ★

Many feel like they're being pigeonholed by both candidates

Many Muslim Americans cringe at the way they have been portrayed by candidates during the presidential campaign — either as potential terrorists or helping counterterrorism efforts.

Those descriptions, offered by Donald Trump and Hillary Clinton, respectively, are troubling to Muslims who complain they are being pigeonholed and their concerns on other issues ignored.

"I think that there is some level of dismissiveness about Arab-Americans and American Muslims that allows candidates to talk about us, not really to us," said Omar Baddar, a political analyst and media producer based in Washington.

Chaumtoli Huq, a lawyer from the New York City suburb of Yonkers, agreed: "We're not able to talk about issues that impact us as citizens — education, jobs, things that any other voter would care about," she said. "It's a really demoralizing way to be seen to be part of this country."

One of the campaign's more memorable moments for Muslim Americans unfolded at the Democratic National Convention in July, when a grieving Khizr Khan addressed delegates about his son, Humayun, an American soldier who was killed in Iraq.

> **"I think that there is some level of dismissiveness."**
> Omar Baddar

The GOP candidate soon pushed back against Khan's anti-Trump comments, setting up an episode in which a presidential nominee criticized a military family that lost a loved one in a war zone.

In the second presidential debate in St. Louis, Trump answered a question about how to stop Islamophobia in America by saying American Muslims must report other Muslims who are engaging in dangerous behaviour.

That led to a widely retweeted comment from Brooklyn College professor Moustafa Bayoumi, who posted, "I'm a Muslim, and I would like to report a crazy man threatening a woman on a stage in Missouri." By the time the debate ended, his retort had been retweeted 32,000 times.

But Hillary Clinton did not escape censure from Muslim Americans, who said that the Democratic nominee's public remarks have primarily revolved around recognizing them for what they could do to support counterterrorism efforts.

Nour Eidy, a freshman at the University of Michigan, grew up in the Detroit suburb of Dearborn, which is heavily Arab and Muslim: "I don't know anything about terrorism. I don't know their game plans, their strategies," she said. "We're just as victimized by them as anybody else." THE ASSOCIATED PRESS

An unaccompanied migrant minor, from the demolished "Jungle" migrant camp in Calais, France, waves from a bus as he waits to be transferred to reception centres. Since Oct. 17, Britain has taken in slightly more than 300 Calais migrants, but France is pressing for more. AFP/GETTY IMAGES

FRANCE

1,600 migrant youth transported out of Calais

French authorities bused all unaccompanied children — 1,616 of them — out of Calais' sprawling migrant slum on Wednesday, taking them to special processing centres in one of the final steps to empty the camp in the English Channel city.

The underage migrants climbed into to 38 buses in a day-long operation that began just under a week after adult migrants were cleared out of the camp known as "the jungle" and sent to refugee centres around France.

In the government's final move, women and their children — slightly more than 300 people — in the Calais camp were to be transported to family centres on Thursday.

"Then there will be no one at the end of the day," said Steve Barbet, spokesman for the Pas-de-Calais region.

38

The 1,616 underage migrant youth were piled into 38 buses as they left the camp.

Last week's operation to evacuate and demolish the makeshift camp — whose population soared to more than 10,000 two months ago, aid groups said — was a mammoth logistical task rushed to completion after fires engulfed large swaths of the slum. Cleanup crews finished pulling down shelters Tuesday.

Two agents from the British Home Office travelled on each bus, said Barbet. They will study files of the underage migrants, who often have family members in the U.K., to see who might qualify for transfer to Britain —the goal of most migrants who used the camp as a stepping stone for bids to sneak across the Channel by hiding out in freight trucks.

The child migrants were taken to 60 dedicated centres scattered around France until British officials decide their cases. Those refused access to Britain will be put under the care of French child welfare services.

The operation rekindled tensions among some youths, who feared it means the end of their dream of reaching Britain. THE ASSOCIATED PRESS

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Notice of Delegate Selection Meeting
for the Leadership Election of the
PROGRESSIVE CONSERVATIVE ASSOCIATION OF ALBERTA CALGARY-WEST
THURSDAY DECEMBER 1, 2017
Date: Thursday, December 1, 2017
Time: 7 p.m.
Location: SCA Community Hall at 277 Strathcona Drive SW
If interested in becoming a delegate for the upcoming leadership in Calgary, Alberta on March 17-19, 2017 please send a notice of interest to Tyler Shandro at info@calgarywestpc.ca by 12:00 noon November 24, 2016. Delegate Nominees and voters must attend the meeting in person, meet all eligibility requirements and hold a membership by at least 12:00 midnight November 17, 2016 in order to be a delegate or vote.
More details available at www.calgarywestpc.ca

metroEXPLAINS

The impact of that boring bank news

One of Canada's biggest banks, TD Canada Trust, is hiking its prime rate for variable-rate mortgages 0.15 points to 2.85 per cent from 2.7. Your eyes may have just glazed over, but this is actually kind of a big deal. MAY WARREN/METRO, WITH FILES FROM THE CANADIAN PRESS

Wait, I have that kind of mortgage with TD:

If your monthly mortgage payment stays the same, these changes mean more of the payment will go towards paying interest, instead of paying down the principle, meaning it will take you longer to pay off your mortgage, according to TD.

"Mechanically you're not paying more, but you're getting less from the payments that you make," said William Strange, a professor of business economics at U of T's Rotman School of Management.

What about my line of credit and visa bill?

The changes do not affect interest rates for lines of credit or credit cards.

But I got the fixed rate:

Your interest rate is the same. But James Laird, president of mortgage company CanWise Financial and co-founder of rate-watching website RateHub.ca, said he'll be watching it closely to see if it goes up in the near future.

What if I have a mortgage not with TD?

A bank as big as TD changing its rate could mean other major Canadian banks follow suit soon, Laird said. In his eight years in the industry, Laird said he's never seen major lenders have their prime rates different for more than a couple of days.

What's the broader impact?

When mortgages rates go up, "usually the story" is that it depresses housing demand because it's harder for people to get financing and bid quite as much for houses, said Strange, the U of T professor. "But this is unusual in the sense they've been really low for a really long time."

STARBUCKS

Green cups brewing up plenty of online outrage

Irene Kuan
Metro | Toronto

It's that time again, when Starbucks brings back its traditional holiday drinks. This year, the company released a limited-edition green cup, not meant to be a Christmas cup but a "community cup," which seems to have offended some people.

In a press release, Starbucks CEO Howard Schultz calls it "a divisive time in our country" and says the coffee giant wanted to come up with a symbol to serve "as a reminder of our shared values."

The green cup seems to have sparked some negative reactions on social media. Some people were simply upset the cup wasn't red or festive feeling enough, while others accused the company of politicizing coffee.

This is not the first time the Starbucks has been embroiled in a cup controversy. The redesign of its red cups in 2015, which omitted all "symbols of the season," had some calling out the company for "waging a war on Christmas."

Starbucks released the cup just one week before the U.S. election, and says it is meant to be a "symbol of unity."

The design, which features a mosaic of more than 100 people, including a barista and a farmer, was created by artist Shogo Ota and is currently available at U.S. locations.

PC Alberta

Notice of Delegate Selection Meeting for PCAA Leadership

CALGARY ACADIA PC ASSOCIATION

Thursday, November 24, 2016

Date: Thursday, November 24, 2016
Time: 7 p.m.
Location: WillowRidge Community Center 680 Acadia Dr SE

If interested in becoming a delegate for the leadership election in Calgary, Alberta on March 18, 2017 please send a notice of interest to Dianne Cooper Ponte at dcooperponte@gmail.com by noon on November 16, 2016.

Delegate nominees and voters must attend the meeting in person, meet all eligibility requirements and hold a PCAA membership by November 9, 2016 in order to be a delegate or to vote. Bring proof of residency and membership to the meeting.

www.pcalberta.org has more details.

metro VIEWS
Your essential daily news
Thursday, November 3, 2016

VICKY MOCHAMA ON AN OVERLOOKED ELECTION BATTLE

There's a big ideological divide that has yet to be talked about: Scorpio vs. Gemini. With some voters undecided, why not consult the stars?

Great forces are battling each other this election season: Republican against Democrat, billionaire against millionaire, Darth Vader vs. Princess Leia.

Polls give Clinton a comfortable lead but the race may yet tighten. As Americans make their big decision, there's a big ideological divide that has yet to be talked about: Scorpio vs. Gemini.

A lot has been said about the clash of these titans but until now, this essential difference has been missed. With some voters still undecided, why not consult the stars? For some, politics is like the Superbowl: It's a thing that happens on one day and you don't have to pick a team until then.

According to the New York Times (a Virgo), Trump is status-obsessed, scattered and volatile. In other words, he's a classic Gemini.

Game recognize game. I know a fellow Gemini when I see one.

Trump was born in the middle of the Gemini star sign on June 14, 1946.

ANI CASTILLO/FOR METRO

If Clinton wins, it will be a historic moment: Not only would she be the first female president, but a Scorpio hasn't had their claws in the Oval Office since Warren G. Harding nearly a hundred years ago.

Geminis have many excellent traits: We are energetic, imaginative, clever, and witty. For example, remember when Donald Trump joked Megyn Kelly had "blood coming out of her wherever" after she moderated one of last year's 70,000 Republican debates? Remember how deeply you laughed at his cleverness and wit? We Geminis are often very humorous.

Still, Geminis like Trump and I are not without faults. We're often impulsive. I recently booked a tropical vacation because I was tired and it seemed like a good idea, I guess. Similarly, Donald Trump seems to have decided to run for president because a reporter from BuzzFeed goaded him into it. We both had good ideas.

With her resourcefulness, secretiveness and giant pincer claws, Clinton is a true Scorpio. The Llewellyn Encyclopedia, a compendium of all things New Age, says the biggest problem for Scorpios is their "ability to cause trouble." Secretary Clinton must regret ever learning to press "send" on an email. It's been downhill ever since.

Clinton has explained her cautious public persona is a result of being a woman breaking down the walls of a man's world. But a quick glance at the night sky shows that actually, Scorpios are secretive and reserved, which is definitely more plausible. If Clinton wins, it will be a historic moment: Not only would she be the first female president, but a Scorpio hasn't had their claws in the Oval Office since Warren G. Harding nearly a hundred years ago.

The skies have always played an important role in presidential elections, despite what the experts, statistics and plain common sense might say.

After all, the zodiac sign to win the most elections is pleasant, humanitarian Aquarius, which includes Abraham Lincoln. And he kept the country together.

It's all in the stars.

What the horoscopes have in store for Nov. 8

When it feels as if nothing makes sense anymore — U.S. politics anyone? — many people look to the divine and the celestial for guidance. Metro asked astrologist Julie Simmons to read her star chart and tell us what the stars, sun and planets predict about what kind of day Hillary Clinton (a Scorpio) and Donald Trump (a Gemini) will have on Tuesday — Election Day. We're also printing an advance peek at our own Tuesday horoscopes by Francis Drake. Take from them what you will.

Julie Simmons (juliesimmons.ca)

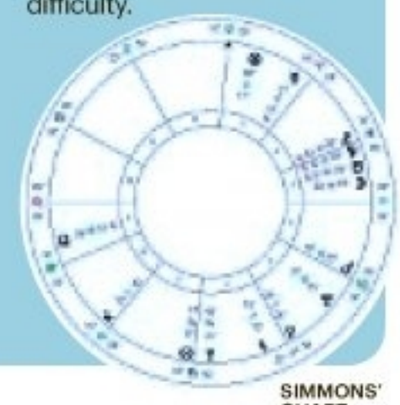
CLINTON HOROSCOPE

Hillary is very Scorpio. She has what astrologers called fixed energy. She digs in, she's hard to overthrow, she's resolute. But she's very, very power-oriented. Coming up in December-January, Saturn will be squaring Hillary's moon. That means she's depleted and tired. It's not the aspect of a win. Now, she's no slouch. She's got a very powerful chart. A Scorpio is always good at reconstruction. Interestingly, neither of them has any earth in their chart. Earth is the element of being practical and down-to-earth.

BOTTOM LINE: It's hard, astrologically, to look at this election, because my personal wish is stronger than usual. Trump really scares me. However, if I just look at the astrological chart, Trump looks more like a winner.

TRUMP HOROSCOPE

He's a Gemini. He's a trickster. He doesn't seem to mean anything he says. Jupiter is the planet of luck. And when Trump was born he had Jupiter shining his sun. That's a good position. It means he projects himself and gets people to listen, even though he's speaking out of both sides of his mouth. He has charisma. He gets away with it. And Jupiter up in the sky (now) is in that place, where Trump gets away with it. But if he wins, he will go through a tremendous amount of difficulty.



SIMMONS' CHART

Metro's Francis Drake

CLINTON HOROSCOPE

With the Sun in your sign now, you are blessed. People and favorable situations will come to you. It's your turn to replenish yourself for the year!

TRUMP HOROSCOPE

Respect your desire to get better organized. Act on this impulse. Make a to-do list of everything you want to do so that you are more effective, efficient and productive.

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Power of the pantsuits

A secret Facebook group has become a place for female Clinton supporters who plan to wear the classic ensemble as they cast their ballots.

★U.S. ELECTION★

Wanyee Li
Metro Vancouver

May Warren
Metro Toronto

Tracey plans to wear a classic black one from the back of her closet, Cindy a blue favourite, and Lauren a grey number with blue pinstripes.

The Canadian women are part of a North-American wide movement called "pantsuit day," women connected by a secret Facebook group, who plan to don the classic uniform of Hillary Clinton on Nov. 8 in a quiet show of solidarity with her.

Burnaby, B.C. resident and American citizen Marie Cardona says she plans to wear a pantsuit on election day.

"The whole pantsuit, obviously, is a nudge to the idea of Hillary wearing pantsuits all the time, which she does," said the environmental engineer, who moved to B.C. from California four years ago.

Cardona says she joined a splinter Facebook group called Canadian Pantsuit Day for Hillary Nov 8th Nationwide because the private group is a safe venue to show support for the Democratic presidential candidate.

"It's just a safe place to discuss your ideas without trolls coming in and ruining things for you."

She mailed in her ballot Tuesday night and plans to spend election day with family and friends in Los Angeles.

"Sometimes I think I might faint with anxiety. It feels like it has been like the longest year ever," she said.

Toronto's Tracey Nolan plans to dress her six-year-old daughter in a pantsuit, in a "power colour" like red, if she can find it.

"I just thought 'let's do it, let's pantsuit it up,' she told Metro.

As a "global citizen" she's been following the election closely, and sees the movement as "reclaiming" the pantsuit, often not considered the most high fashion of outfits."It's utilitarian, it gets the job done, it's sort of all the things people say about Hillary in a negative way," Nolan said.

Cindy Perry, a dual citizen who has lived in Toronto for the past eight years, said she sees the pantsuit as a "symbol of the progress" women have made.

For Lauren Hay, an American citizen who has lived in Toronto since 2009, it's about celebrating the fact that Clinton will be the first woman president, in addition to all of the other qualities that make her qualified for the role.

The Canadian Facebook group's creator, Marly Weitzke, says she got the idea from the American version, called National Pantsuit Day — Nov. 8. It's an easy way for Canadians to participate on election night, said the Comox, B.C. resident.

"It's a celebration, using the pantsuit metaphor in support of Americans."

The pantsuit has long been a "power symbol" of women engaging with the "public realm" of work and politics said Henry Navarro Delgado, an assistant professor at Ryerson University's school of fashion.

But not all women see it, or Clinton, as representing feminism, he noted, particularly younger ones.

"That's also something that has played out in the election itself because some people see her on the one hand as a progressive figure in this sense, but also as a conservative figure in her political outlook, Navarro Delgado said.

But for some baby boomers, the pantsuit is as much a symbol of empowerment as it is a sign of solidarity, said Weitzke.

"I grew up in Ontario where I had an older brother and when he went to school, he came back and said girls cannot wear pants to school and they have to wear skirts," she said.

"But by the time I started high school in 1971, at least that part had changed. We could wear pants."

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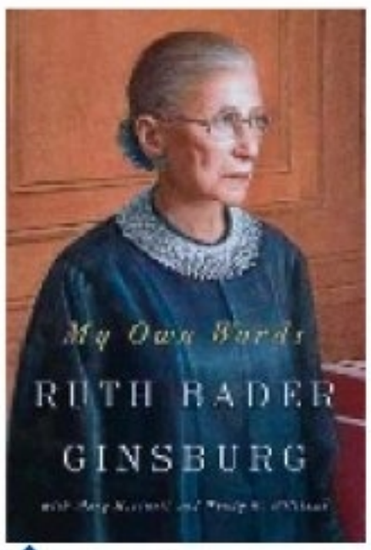
5 READS ABOUT THE LIVES OF MODERN WOMEN

These new books consider questions of gender and women's role in society today, including essays, a memoir and a historical novel. **TORSTAR NEWS SERVICE**

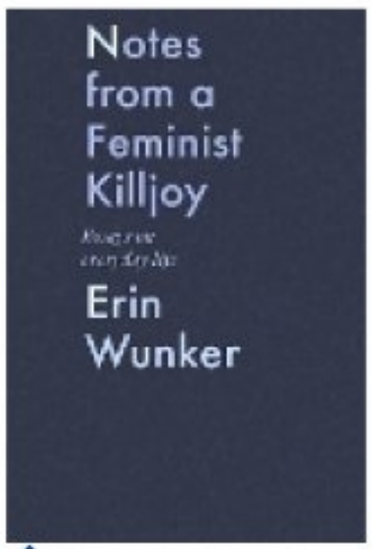
1 History

Therese Oneill, an Oregon journalist who specializes in "rare-history," begins our tour of the fetid conditions under which Victorian women suffered by cautioning that, "Most of the things you love about the 19th century aren't real, child. They're the curations of gracious hosts who tidy up the era whenever you visit through art, books, or film." Yes, we all know that a woman's lot in earlier times was a difficult one — but with Oneill as our guide in Unmentionable: The Victorian Lady's Guide to Sex, Marriage, and Manners we get an unvarnished glimpse of its deep nastiness.



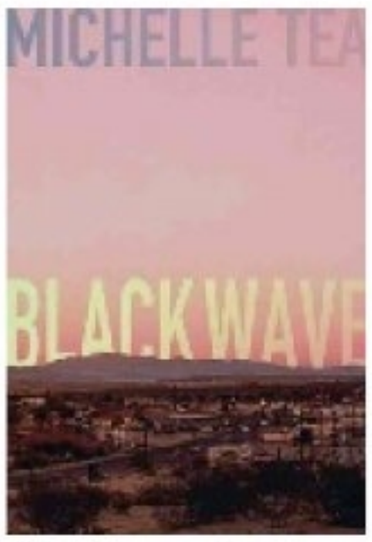
2 Justice

U.S. Supreme Court Justice Ruth Bader Ginsburg has spent more than half a century as an advocate for women's equality. This collection of her writing spans that luminous career, beginning with a Grade 8 editorial in 1946 praising the charter of the United Nations, and covering a variety of issues and interests with wisdom and clarity. Rest assured, this is no dusty old collection of judicial pontificating. Mary Hartnett and Wendy W. Williams, who edited My Own Words, are collaborating on the authorized biography of Ginsburg.



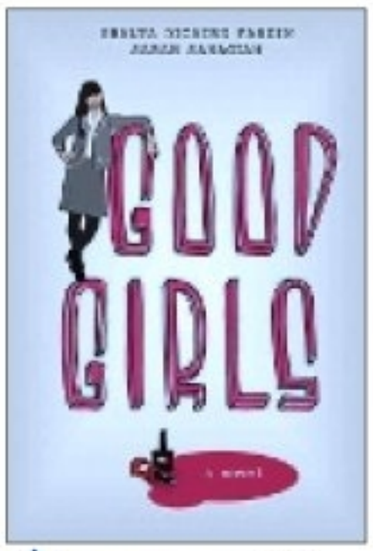
3 Feminism

Erin Wunker's first book is a useful navigational tool even for those steeped in the precepts of women's studies. Her Notes from a Feminist Killjoy represents a smorgasbord of reflection: at one point, she defends her "bitchy resting face"; at another, she offers a checklist to discover whether the reader is indeed a feminist. "Feminist killjoy," incidentally, is a term used by the scholar Sara Ahmed, which Wunker defines as "that irreverent figure who lights a match and joyfully flicks it into the dry hull of patriarchal culture."



4 Life writing

Michelle Tea begins her latest entry into "life writing", Blackwave, in San Francisco's Mission district. The year is 1999, and our central character, Michelle, too often strung out on drugs, drink and a life that is annoying even her, decides to head to Los Angeles to write a screenplay. Tea's voice is smart and cocky, and if you're looking for an immersive "queer feminist" take on the world this may be it. Tea's latest dip into autobiographical fiction is published by the Feminist Press at the City University of New York.



5 Young adult

Good Girls by Shalta Dicaire Fardin and Sarah Sahagian is the first novel in Toronto-based Inanna Publications' young feminist series. At the centre of the story are Allie, a high-achieving goody two shoes, and Octavia, a wealthy wild child from Montreal. These two opposites end up as debate-team partners at the elite Anne Bradstreet College in Boston. Together, the girls learn important lessons about living a balanced life. Both authors have been involved in gender studies, at Queen's and York, respectively.

MEMOIR

Dallaire's memoir reveals horrors of enduring PTSD

The nights are the worst. The darkness. The silence. The ghostly images of the dead and dying that refuse to be laid to rest.

More than two decades after former lieutenant-general Romeo Dallaire returned to Canada from Rwanda, where he and the small peacekeeping contingent he commanded were forced to stand by as helpless witnesses to a genocide that ended with the slaughter of hundreds of thousands, he is still struggling to overcome the demon that is post-traumatic stress disorder.

In his new book, Waiting for First Light, Dallaire describes what it means to live with PTSD, a psychological injury as old as war itself, but one only recently recognized as an all-too-common hazard for soldiers, first responders and victims of physical or sexual abuse. It is a wound the retired senator wants Canadians to more fully understand through his memoir, which he also hopes will offer solace and support to others wrestling with the condition. The condition is marked by recurrent memories of the event, flashbacks, nightmares and severe emotional distress or physical reactions to triggers that remind the person of the trauma. Those affected can feel hopelessness and despair, exhibit turbulent mood swings, and engage in self-destructive behaviours like drinking to excess or driving too fast.

"You live with a constant sense of vulnerability because you never know when a conversation, a smell, a noise, a bad day, how it can generate a mood that will be quite depressive, and as such will lead you into some reliving (of the trauma)," Dallaire, 70, said in an interview.

"And you can be just as affected now as you were after the event."

That vulnerability is especially acute at night, he explained, when his mind is tortured by vivid memories of rape, mutilation and murder that come unbidden in the darkness; when nightmares of the atrocities of the 1994 genocide and his inability under his UN mandate to stop the bloodbath make falling asleep a thing to fear.

"That's why many of us sleep with the light on and the TV blaring, if we can ever get to sleep," he said of his fellow PTSD sufferers. "That's why so many suicides are done at night."

THE CANADIAN PRESS

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Questioning 'the right to write about racism'

FICTION

Jodi Picoult stands behind pushing more racial dialogue

Sue Carter
For Metro Canada

If there's one word to describe author Jodi Picoult, it's fierce.

The bestselling author of 23 books has never been one to shy away from hot-button topics such as sexual abuse, school shootings and assisted suicide.

But there was one issue that eluded Picoult for 25 years. How do you talk about racism in a world seemingly just waking up to the fact that privilege and opportunity are connected to skin colour? And whose story is it to tell? That's the challenge behind Picoult's new novel, Small Great Things.

Picoult's books always start with the issue at hand, what she refers to as "the thing that keeps me up at night."

Her first attempt at writing on racism was inspired by a news piece about an African American undercover cop who was shot by a white co-worker.

"I totally failed. I couldn't write authentic characters or voice," she says. Picoult began doubting whether this was even her story to tell in the first place. "Do I really have the right to write about racism? "

It wasn't until 2012, when Picoult read a story about an African American nurse who was told by her hospital administration that she could not care for a newborn baby at the request of the child's white-supremacist parents, that she found her way in.

She imagined an emergency situation in which the nurse would be forced to take care of the child, which would lead to an arrest.

Small Great Things unravels the courtroom story from three perspectives: Ruth, the accused nurse; Turk, a staunch white supremacist; and Kennedy, a public defender who has her own complicated personal response to the scenario.

Picoult spent three years with "sensitivity readers". "I should not and would not have written the book without women of colour guiding me," Picoult said.

She met with two former white supremacists to better understand Turk, who she calls the most challenging character.

Most importantly, Picoult realized to whom she needed to address her novel.

"I was writing to people who look like me. I know how easy it is to point to a skinhead and say, 'that's a racist,' rather than point to yourself," she says.

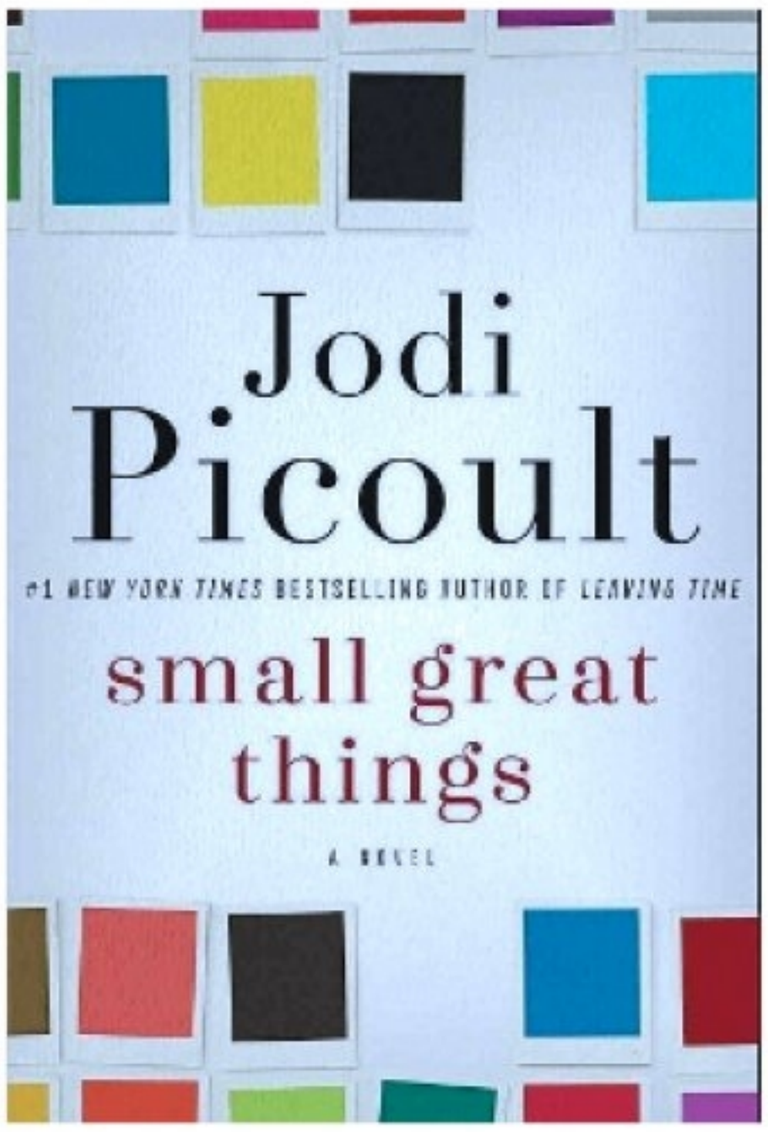
"I want people to tap into the privilege that they've had, and force them to admit the fact that racism isn't just about prejudice. You could take every skinhead and ship them off to Mars and you'd still have racism, because it's about power."

Picoult knows now that Small Great Things is out in the world she can't control the rhetoric surrounding it (she's already received harassing tweets from white supremacists).

But she holds strong in her conviction that more dialogue is the only way to move forward.

"I think that one of the biggest hurdles we have to face is that we will make mistakes when we talk about race. It's more important to talk about it and know that, and say, 'I'm so sorry. Thanks for educating me.'"

Sue Carter is the editor at Quill & Quire magazine.



"You could take every skinhead and ship them off to Mars and you'd still have racism. Jodi Picoult

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GRAPHIC NOVEL

Courage of airmen shines in war comic

Mike Donachie
Metro | Canada

Dreaming Eagles
BY: Garth Ennis and Simon Coleby
PUBLISHER: Aftershock Comics

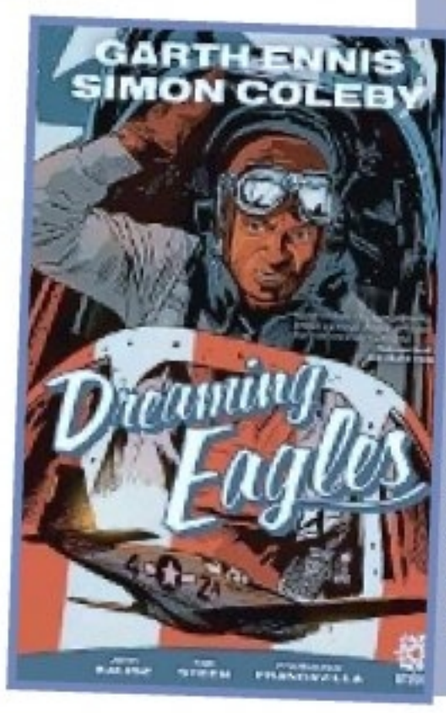
The Nazis were the enemy, but their own side wasn't too friendly either.

This is the story of the Tuskegee Airmen who fought the Luftwaffe in the air and prejudice on the ground during the Second World War.

Written by war comics maestro Ennis and drawn by vastly-underrated artist Coleby, it's fictionalized but inspired by the true events that saw the courage of these airmen shine through in frustrating, unjust circumstances.

And it uses an interesting idea to get its points across: the story is framed by 1960s sequence in which a father tells his son, for the first time, about his experiences in the war as a black fighter pilot. But the dad is doing it in an attempt to discourage his son from getting into trouble as a follower of Dr. Martin Luther King.

There are tough moral questions and conflicting loyalties throughout this story, plus a ton of excitement, adventure and tragedy. It doesn't let up, and it doesn't disappoint.



BOOK BRIEF

Charlamagne tha God has book coming next spring

After interviewing Hillary Clinton, Kanye West and Jay Z, among others, Charlamagne tha God is ready for something really challenging: writing a book.

The ever-raw television personality and co-host of the syndicated radio show "The Breakfast Club" has a deal with Simon & Schuster imprint Touchstone for "Black Privilege: Opportunity Comes to Those Who Create It." The book is scheduled for next spring, the publisher told The Associated Press on Tuesday.

With "brutally honest insights," Charlamagne plans to recount his rise from a dirt road in Moncks Corner, South Carolina, to national fame through radio and MTV.

Charlamagne said in a statement that as an English teacher's son he had always loved books and working on a book himself was a "dream fulfilled."

THE ASSOCIATED PRESS

JOHANNA SCHNELLER WHAT I'M WATCHING

Funny is in the delivery

THE SHOW: Tracey Ullman's Show, Season 1, Episode 2
THE MOMENT: The tour guide

"We believe that a middle-aged Henry got to know a young Anne Boleyn on this very bed," an historic-home guide (Tracey Ullman) tells visitors. "He'd have had little trouble finding female company on those long nights away at the conference."

The visitors glance at one another. The guide winces but soldiers on: "It wasn't until 1532 that Henry was able to divorce his fiercely loyal but age appropriate wife. It's unlikely she ever got the whole truth. But if it was just business, why was the wine marked 'room service?'"

"Did they marry?" a visitor asks.

"Yes," the guide answers. "Even those who expressed their disapproval quickly swapped their allegiance for that little sl—." She stops herself, barely.

"Wasn't Anne—," begins a guest. "Beheaded! Lopped clean off!" the guide roars. "That would teach her, wouldn't it?"

She turns to exit the room. "Let's move on, shall we? Let's just try to move on."

Tracey Ullman takes on a number of characters in her new television show. CONTRIBUTED

Ullman is back in fine form with this sketch show, which intersperses recurring characters with one-offs like this. The sketches are unevenly funny, but they're fascinating, thanks to Ullman's acute observations of the way people like this guide speak and move, and the soft spots they're unaware of that make them who they are.

She has especial fun with Judi Dench, who uses her "national treasure" status to vandalize her way around London; and Angela Merkel. "Don't make the hair too poufy," her Merkel intones in a flat German ak-zent, "or the other leaders will be wild with lust."

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

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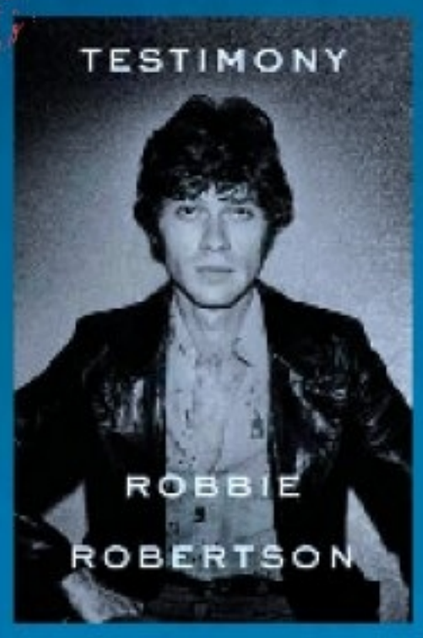

WEDNESDAY
DECEMBER 7 @ 7PM
ROBBIE ROBERTSON IN CONVERSATION WITH DAVID WARD
Bella Concert Hall - Mount Royal University

On the 40th anniversary of The Band's legendary *The Last Waltz* concert, Robbie Robertson finally tells his own spellbinding story of the band that changed music history, his extraordinary personal journey, and his creative friendships with some of the greatest artists of the last half-century. This event features an on-stage interview with Robbie Robertson and a **pre-signed book ($39.95 value)** included with each ticket. Hosted by David Ward of CKUA. In partnership with the Iniskim Centre at Mount Royal and the Calgary Foundation. Tickets: $39.95.

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MASH MARKETING

‘I’m controlling this one’

INTERVIEW

Singer opens up about anxiety, eating disorder, 1D juggernaut

If he wasn’t a singer, he would have gone to college to study English or worked as a songwriter and producer for other artists, writes Zayn Malik in his self-titled autobiography. THE ASSOCIATED PRESS

Since he left One Direction, Zayn Malik has been public with his battle with anxiety. But the singer also says he was struggling with even more behind-the-scenes — a possible eating disorder.

Malik made the revelation in his new autobiography Zayn, out Tuesday via Penguin Random House, and also discussed it in an interview with The Associated Press.

“When I look back at the images of myself from around November 2014, before the final tour, I can see how ill I was,” the 23-year-old writes in the book, calling it an “eating disorder.”

In an interview Friday, Malik explained that he was so busy on the road, he would forget to eat.

“I realized that I wasn’t eating as much ... our schedule was kind of crazy so we were all over the place,” he said.

“It was just more down to losing track of, you know, actually eating and being super busy and getting caught up with other things that 17 or 18-year-olds do, which normally entails them going out, drinking or partying, so it was a mixture of everything,” he said.

However, looking back on it now, he now downplays the seriousness of it all: “I don’t think I ever had an eating disorder. I was never diagnosed with one of them.” Explaining that he would miss meals while in 1D, he now is better managing his eating: “I’m a bit older and a bit more wiser.”

In the book, his prologue is dedicated to 1D and the phenomenal success the group achieved in a short time — selling out stadiums, winning countless awards, releasing back-to-back hits and platinum-plus albums.

“I’m massively grateful for the opportunity to be in that group,” he said of the pop group, formed in 2010 on The X Factor in the United Kingdom. “It was a wicked part of my life.”

Still, he bolted from the group because he felt lost and needed time to collect his thoughts. He yearned to sing songs in a different style and write his own lyrics.

“What you’ve got to understand is that none of us really had much say in the music,” he writes.

When asked if he’s still friends with his former band mates, he told the AP: “Yeah we’re talking — some of us are.”

Has he heard Niall Horan’s solo single? “I have, yes,” he said. “Yeah, it’s cool.”

Malik’s solo album, Mind of Mine, bowed earlier this year and veered into more R&B territory. It debuted at No. 1, but Malik wasn’t prepared for solo stardom, even cancelling performances because he said he was too anxious. In June, he bowed out of his performance at the Capital Summertime Ball in London at the Wembley Arena, where he previously performed with 1D.

“I felt sick. I couldn’t breathe,” he writes about the morning of the show. “The idea totally freaked me out and I was paralyzed with anxiety.”

Malik said he now is able to cope with it, though he declined to offer specifics to the AP.

“I don’t really disclose that information, like publicly, what I do to manage certain things, but I do the things that are required,” he said.

While he details some of his difficulties in the book, don’t expect a juicy tell-all: he rarely mentions former fiancé, Little Mix member Perrie Edwards, and doesn’t talk about current girlfriend Gigi Hadid.

Still, there are some insights for Malik fans: He writes that if he wasn’t a singer, he would have probably gone to college to study English or worked as a songwriter and producer for other artists.

As he reflected on his time in 1D and leaving the group, then releasing his own album and No. 1 hit, Pillowtalk, Malik said he’s happy.

“I’m great actually at the moment,” he said from a studio in Los Angeles, where he’s recording his second solo album. “The anxiety obviously came from just the performance aspect of things, just not really understanding what that was going to be like as a solo performer.”

He also felt that being in 1D was a juggernaut he couldn’t quite handle. “That machine was already going, it was at 100 miles per hour and it was harder to get off that machine,” he said. “I’m controlling this one.”

THE ASSOCIATED PRESS

metro HOME
Your essential daily news
west elm
Home design brand West Elm plans hotels in five cities

MEET THE CONDO

Loaded with amenities

CONTRIBUTED

Project overview

Walden Place offers great options for first-time buyers, downsizers, young families and more. Standard features include stainless steel appliances, quartz countertops, large islands, walk-in pantries, large windows, nine- foot ceilings and more on these modern condos and townhomes.

Housing amenities

Every Walden Place condo comes loaded with features, including premium kitchens, stainless-steel appliances, quart countertops, extra-large windows and more. The project includes a large communal park, extra storage, and large decks while the townhomes include double car garages.

Location and transit

Walden Place has everything conveniently located nearby with easy access to major roads including McLeod Trail, Deerfoot Trail and Stony Trail. The C-train is accessible through city bus routes and there is ample shopping and greenspace with parks, ponds, and beautiful mountain views.

In the neighbourhood

Located across from future shopping and surrounded by community amenities, Walden Place is just a short walk away from a pond, pathways, nature park and trails plus a future ball diamond, soccer fields and a future separate school. It's also close to several nearby golf courses.

KRISTA SYLVESTER/FOR METRO

NEED TO KNOW

What: Walden Place
Builder: Cardel Lifestyles
Interiors: Kristina and Kendra
Location: Walgrove Cove S.E.
Building: 83 condos in six buildings, 40 townhomes
Sizes: Condos 544 to 1021 sq. ft., Townhomes 1,549 sq. ft.
Pricing: From $174,900
Suites: One and two bedroom options, townhomes feature double garage
Sales Centre: 23 Walgrove Cove S.E.
Hours: Mon to Thurs 2 to 8 p.m. Fridays and Weekends 12 to 5 p.m.
Phone: 403-875-8426
Website: cardelcondos.com

REAL ESTATE

What's hot on the market

1 STILL SELLING

Victory and Venture by Providence: A rooftop patio is just the icing on the cake with these inner city condos that offer extensive city views. Two beds and two baths starting at $325,000 in Bridgeland. Visit the Discovery Centre at Edmonton Trail and 4th Ave. N.E.

2 FINAL SELLOUT

The Armory: With only 13 suites remaining, these luxury condos in the redeveloped Curry Barracks won't last long. Visit the Showsuite at 145 Burma Star Road S.W to catch a glimpse of this project before it's too late.

3 NOW OPEN

Ink by Battistella: Nestled along the banks of the Bow River between Fort Calgary and the downtown core, East Village offers walkable access to the best of urban living. Visit the newly opened Presentation Centre at Unit 108 – 535 8th Ave. S.E.

KRISTA SYLVESTER/FOR METRO

Moving your winter harvest indoors

GARDENING

Lettuces, herbs, leafy greens among easiest to grow inside

Sun-loving vegetables can be cultivated indoors in winter by using supplemental lighting. THE ASSOCIATED PRESS

There's no reason to stop growing vegetables just because cold weather has arrived. Sun-loving edibles can be cultivated indoors in containers enriched by supplemental LED lights.

But choose the right plant combinations for this four-season gardening. Some plants are more demanding than others.

"The amount of money and work it takes depends upon your expectations," said Tuan Bettes, a horticulture agent with Utah State University Extension. "You won't achieve (indoors) what you would in sunlight."

Lettuces, leafy greens, sprouted seeds, radishes, carrots and herbs are among the easiest plants to grow indoors in winter. They tolerate cooler temperatures and limited light. They also mature quickly, and many, like chives and parsley, don't grow tall.

Small fruited or dwarf varieties of tomatoes and peppers also will produce in basement gardens when exposed to the proper lighting. Be prepared to help pollinate your tomato plants, though. Shake them occasionally to release the pollen. Help avoid plant pests by segregating vegetable containers from houseplants.

"Never put patio plants next to vegetables," Bettes said. "That's a good way to introduce aphids and scale insects."

Many people take the hydroponic approach to indoor gardening by designing their own systems or by buying any number of high-tech soil-free containers with full-spectrum grow lights attached.

Plants grow naturally and faster — up to five times faster — in the ideal climate created by water reservoirs and LED lighting systems, said Ben Gill, a spokesman for AeroGro International Inc., manufacturers of a line of indoor gardens in Boulder, Colorado. "There's no dirt," Gill said. "That makes it a clean way to grow on benches or countertops."

Many of these small hydroponic growing kits can be had in a single package: container, lights, nutrients and pre-seeded plant pods.

"They're one-stop shopping," Gill said. "Just add water and you've got everything you need to start."

LED grow lighting has come a long way in a short time.

"They've quickly become our bestselling items," Gill said. "They take less energy to run, grow plants better and you don't have to change them (lights) as frequently — once every three to five years instead of every three to five months."

Some hydro kits are designed to mix the LED light spectrum to fit growing conditions. That means using daylight white LEDs for fast growth, blue LEDs for larger yields and red LEDs for more fruit or flowers.

"You can literally start a Christmas tree — a 16-inch spruce — in your AeroKit and then transplant it," Gill said. "You can start your outdoor garden indoors and extend your growing seasons."

THE ASSOCIATED PRESS

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	$ 33,581
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** Based on 2.39% Mortgage. 5 Year Term, 30 Year Amortization.
*** This Is An Example - Actual Results May Vary Depending on Mortgage Rates, Purchase Price, And Other Expenses.

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Blending classics with the modern

DECOR

Forget matched sets, the new 'traditional' is contemporary

In decor, "traditional" tends to conjure up images of matched furniture sets, prim patterns and buttoned-up formality.

But there's been a revamp, and what's now being called "new traditional" is a fresher, freer look that honours the classics. The style blends traditional architectural and decorative elements with contemporary ones for unexpected, sometimes edgy results.

"It's all about balance," said New York interior designer Alexa Hampton.

She said the trend started in Europe, where older residences "are often filled with ornate architecture: herringbone floors, intricate plaster work, French doors. With heavy decoration, these architectural bones can seem fussy." That led to an "undecorated" movement — white walls, furniture with sharp angles, minimalism.

"I think this foil of old and new is essential to good design," she said. "The conversation between modern and classic creates a tension, and when done right, it's very powerful."

Moldings, shelving and good hardware can give a space a traditional or contemporary "frame" to which contrasting elements can be added.

"If my architecture's very traditional," said Hampton, "I might do an unexpected wall treatment like high-gloss lacquer."

Likewise with furniture and accessories, "It's nice to combine a more curved traditional piece with a sexy and sleek cocktail table."

The European Fine Art Fair, the art and antiquities version of Fashion Week, was held in New York in October, and Hampton saw pieces she said could be incorporated into a contemporary space.

A bold, Grecian, gold-and-black amphora, for instance, caught her eye; although it's an ornate piece, it could play up the drama in a small space, particularly atop a modern table.

San Francisco interior stylist Jessica Sutton suggests using a neutral colour palette and incorporating a mix of rustic, contemporary, even industrial pieces to bring the New Traditional look home.

"Keep the style fresh by incorporating classic patterns like florals in modern ways — an abstract rug, or an upholstered pillow," she said.

Retailers are featuring the look this season.

French designer Bina Baitel has used the classic mouldings of Paris' Haussmann architecture as inspiration for cabinet doors, but tilted the motifs to create the visually striking Astragale armoire and console.

Bernhardt's Salon collection includes a traditional etagere given an alabaster finish, and a curvy nightstand clad in silver leaf. The Haven collection pares down traditional English classics like wingchairs and dining tables to their essential forms.

British designer Andrew Martin has a collection of wingback chairs upholstered in combinations of leather and ticking, or leather with a pieced metal frame. A lounge chair pairs a distressed leather seat with a kilim-clad frame. Mixing materials brings the traditional chair shapes fashion-forward.

Audrey Sterk, a designer on Nantucket Island, Massachusetts, presents a fresh take on early American quilt florals and 19th century silk-screen patterns in her wallpaper and fabrics, editing the motifs to their essential elements and using a contemporary colour palette.

At Candelabra, the classic silhouette of a Louis XVI chair is cast in silver- or gold-toned stainless steel and given elongated legs, creating a sleek barstool. Curvy, polished silver legs and an especially long - 72-inch — sliver of marble make for a showstopper of a console.

And finally, at Made Goods, there's a Beaux Arts mirror with its exaggerated furbelows rendered in dramatic black tin, and a wing chair cast in hammered black or gold iron with upholstered seat. They're heavy metal remixes of classical favourites.

THE ASSOCIATED PRESS

BLENDING
The 'new traditional' includes the blending of traditional forms — like wing chairs — with modern materials and treatments

CLOCKWISE: PHOTO OF ANDREW MARTIN'S VENUS CHAIR PROVIDED BY ANDREW MARTIN; PHOTO OF THE ALFRED CHAIR PROVIDED BY MADE GOODS; PHOTO OF THE ETIENNE MIRROR PROVIDED BY MADE GOODS; PHOTO OF THE MARLBOROUGH CHAIR FROM ANDREW MARTIN PROVIDED BY ANDREW MARTIN/ HOUSEOLOGY

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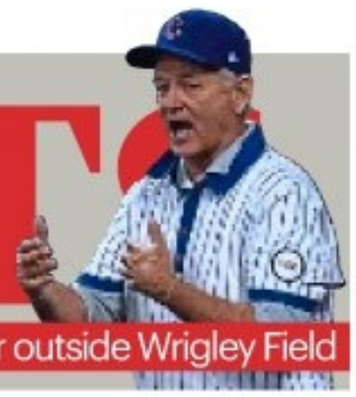

Bill Murray reportedly gave ticketless Cubs fan Karen Michel a seat to Game 6 of the World Series when she ran into the film star outside Wrigley Field

Hamelin eyes elusive prizes

SPEEDSKATING

Decorated Canadian still has plenty to compete for

Charles Hamelin has finished second on three occasions for the overall title at the world short-track championship.
YURI KADOBNOV/AFP/GETTY IMAGES

With his three Olympic and 10 world championship gold medals, it seems like Charles Hamelin has won almost everything there is to win in short-track speedskating.

But two elusive prizes have kept Hamelin racing at 32, among the oldest in his sport.

One of them is an Olympic gold medal in the 1,000 metres, which decorated skater from Sainte-Julie, Que., will pursue in his fourth Winter Games in 2018.

Hamelin followed up 500-metre and relay Olympic gold in 2010 by winning the 1,500 in 2014.

His other goal is the overall title at the world short-track championship, which goes to the skater who accumulates the most points over the 500, 1,000, 1,500 and 3,000 metres.

Hamelin finished second to China's Han Tianyu this year in Seoul, South Korea, for yet another runner-up finish. The Canadian has won individual distances at the world championships, but never the overall crown.

"I've finished second three times and third four times, so I'm kind of almost there, but I make a little mistake or I have bad luck," Hamelin said Wednesday in Calgary.

"You need to be good in all four distances at the world championships. That is the most demanding competition in all of short track.

"At the Olympics, it's distance by distance over 12 days. At worlds, it's three days of competition. You need to be ready for anything over those three days. It's the fittest guy in the world that will be the world champion."

Hamelin's next shot at the world title is March 10-12 in Rotterdam, Netherlands.

He leads the host Canadian team into the season-opening World Cup starting Friday at the Olympic Oval in Calgary.

Hamelin's partner Marianne St-Gelais of Saint-Felicien, Que., his brother Francois, Marie-Eve Drolet and Valerie Maltais of Saguenay, Que., and Charle Cournoyer of Boucherville, Que., are also Olympic medallists on Canada's 12-member squad.

The Calgary Oval wages a constant boast-battle with its Salt Lake City counterpart for the title of fastest ice in the world.

The opportunity to set world-record times in their home country excites the Canadian short-track team, who arrived a week out from Friday's qualifying in order to adjust to a higher altitude.

"Getting here early is the key," St-Gelais said. "We struggled at the beginning of the week. The training was really hard. The breathing was hard. We did hard training to adjust right away."

THE CANADIAN PRESS

"For sure you're going to see more passes and more falls because the ice is really fast." Marianne St-Gelais

IN BRIEF

Price, Habs blank Canucks

Carey Price made 42 saves for his first shutout of the season as the NHL-best Montreal Canadiens beat the Vancouver Canucks 3-0 on Wednesday night to extend their winning streak to eight games.

Nathan Beaulieu, Torrey Mitchell and Alexander Radulov scored for Montreal (9-0-1), the only team still undefeated in regulation time.

THE CANADIAN PRESS

Turner resigns as Vikings offensive co-ordinator

Vikings offensive co-ordinator Norv Turner abruptly resigned Wednesday, stunning the team two days after losing its second consecutive game with an offence nowhere to be found.

Turner was replaced by Pat Shurmur.

THE ASSOCIATED PRESS

Cubs backers attempt to channel legendary spirit

Some Cubs fans were hoping they could break a 108-year-old World Series championship drought by leaving items at the New York grave of Johnny Evers, the second baseman for the Cubs team that won the 1908 World Series. The fans hoped to awaken enough of a winning spirit to beat Cleveland in the World Series. THE ASSOCIATED PRESS

Go to metronews.ca for coverage of Game 7 of the World Series.

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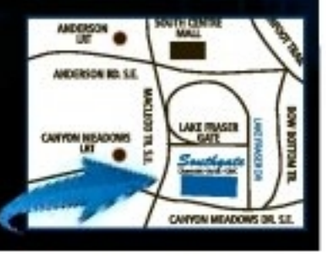

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Magical DeRo dazzles Wizards

NBA

All-star guard's 40 points lead Raps to win over East rival

WEDNESDAY In D.C.

RAPTORS	WIZARDS
113	103

DeMar DeRozan continued his hot start by scoring 40 points and outduelling John Wall in a showcase of all-star guards as the Toronto Raptors beat the winless Washington Wizards 113-103 on Wednesday night.

DeRozan was 14 of 23 from the floor despite leaving the game briefly to get his ankles taped.

Kyle Lowry needed three stitches to close a cut below his right eye but still scored 18.

Those problems didn't slow down the Raptors (3-1) as they spoiled the home opener for the Wizards (0-3). Terrence Ross added 15 points for Toronto.

Wall was dominant in leading Washington with 33 points on 13 of 19 shooting and 11 assists. Otto Porter was 11 of 13 from the field for 23 points and Bradley Beal scored 15, but the Wizards did themselves in with 21 turnovers that Toronto turned into 30 points.

Wall almost single-handedly led the Wizards back in the fourth quarter, awakening the crowd of 19,581 when he stole the ball from Lowry and tied the score at 92. But DeRozan and Lowry put on an offensive clinic down the stretch as Washington couldn't stop them or force the ball elsewhere.

> **He's making my life a lot easier and making I think everybody on our team's life a lot easier.**
> Kyle Lowry

DeRozan tied Mike James' franchise record of four consecutive 30-point games. He had 40, 32 and 33 points in the first three games.

DeRozan also tied Jose Calderon for the second-most games played in Raptors history with his 525th. He's 18 away from tying Morris Peterson for first.

"He's playing on another level right now," said backcourt mate Kyle Lowry, who scored 18. "He's making my life a lot easier and making I think everybody on our team's life a lot easier. He's saving possessions, he's creating possessions. He's creating offence."

"I'm just a student of the game," DeRozan said. "I just try and put everything together, be a student of the game while working, always feeling like I'm new to the game so I can soak up as much as possible. I try to release it once I get out there on the court."

Toronto has now won eight consecutive regular-season meetings with the Wizards and 11 of the past 12.

The Raptors host the Miami Heat on Friday.

THE ASSOCIATED PRESS

Toronto Raptors guard DeMar DeRozan shoots over Wizards centre Marcin Gortat on Wednesday night in Washington. ALEX BRANDON/THE ASSOCIATED PRESS

UEFA CHAMPIONS LEAGUE

Reality check for Real Madrid after draw with Polish minnows

One more team booked a ticket in the knockout stage of the Champions League on Wednesday and it wasn't the star-studded defending champion, Real Madrid.

Needing a win at Legia Warsaw to advance, Madrid squandered a 2-0 lead and allowed the Polish side to earn its first point of the campaign in what became a highly embarrassing 3-3 draw for the Spanish powerhouse.

But while Zinedine Zidane's team struggled, Borussia Dortmund had no such trouble and advanced to the knockout stages with two games to spare after a 1-0 win over Sporting Lisbon. It joins Arsenal, Paris Saint-Germain, Atletico Madrid and five-time winner Bayern Munich, which all qualified on Tuesday.

Zinedine Zidane
GETTY IMAGES

Zidane said he wasn't surprised by a result that saw his team slip to second place in Group F, two points behind Dortmund.

"It was a strange match, it didn't go the way we wanted it to," the Madrid manager said. "We lacked a bit of everything. Above all, when you score two goals we dropped our intensity, and when you do that they can score. Now we are going to forget this game."

Polish supporters didn't have a chance to celebrate at Wojska Polskiego Stadium, as the doors had been closed to the public by UEFA as a penalty for fans' racist behaviour and the fireworks thrown during a previous loss to Dortmund.

Coming off a hat trick in the Spanish league, Cristiano Ronaldo finished empty-handed and remains two goals short of scoring his 100th goal in European competition.

Leicester dropped its first points in its first foray into the Champions League and needs to wait for another round of matches to seal a place in the last 16.

THE ASSOCIATED PRESS

WEDNESDAY'S RESULTS

- **Monaco 3,** CSKA 0
- **Dortmund 1,** Sporting 0
- Legia 3, Real Madrid 3
- **Sevilla 4,** Dinamo Zagreb 0
- Tottenham 0, **Bayer 1**
- Juventus 1, Lyon 1
- Copenhagen 0, Leicester 0
- **Porto 1,** Club Brugge 0

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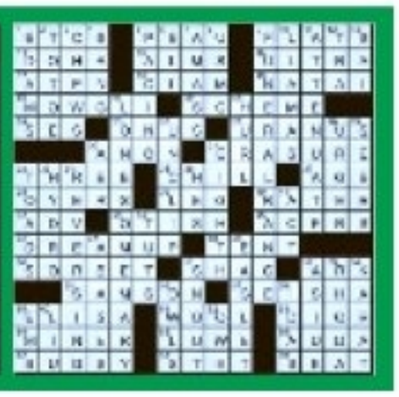
YESTERDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

for more fun and games go to metronews.ca/games

8	9	6	5	7	3	1	4	2
2	1	3	8	4	9	7	5	6
5	4	7	2	1	6	9	3	8
1	3	9	4	6	8	5	2	7
7	8	2	1	9	5	4	6	3
6	5	4	7	3	2	8	9	1
9	2	5	6	8	1	3	7	4
3	7	8	9	2	4	6	1	5
4	6	1	3	5	7	2	8	9



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RECIPE Cauliflower Cous Cous Bowl with Roasted Veggies

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

Cauliflower your whole life after trying it as the "base" to these veggies.

Ready in
Prep time: 10 minutes
Cook time: 30 minutes

Ingredients
- 1 sweet potato, cut into pieces
- 2 cups quartered Brussels sprouts
- 1 tbsp olive oil plus two teaspoons
- 1 head cauliflower
- 1 tbsp salt, plus 2 teaspoons
- 1/2 teaspoon cumin
- 1/4 cup crumbled feta
- 1 pat of butter
- 4 eggs

Directions

1. Preheat oven to 400. In a bowl, toss the sweet potato and Brussels sprouts with 2 tsps olive oil and 1/2 tsp salt. Spread out on a pan and roast until golden brown.

2. Cut cauliflower into small florets and pulse in food processor until they are broken into cous cous-sized granules.

3. Heat a skillet over medium heat and add 1 tbsp oil. Add cauliflower to the pan and sprinkle with remaining salt. Add cumin and stir. Cook until the cous cous is tender, about 4 to 5 minutes. Take off heat and set aside.

4. Place butter in frying pan over medium heat and add four eggs. Remove eggs from pan once the whites are set and the yolks are cooked to your preference.

4. Mix together and sprinkle with feta, top with eggs.

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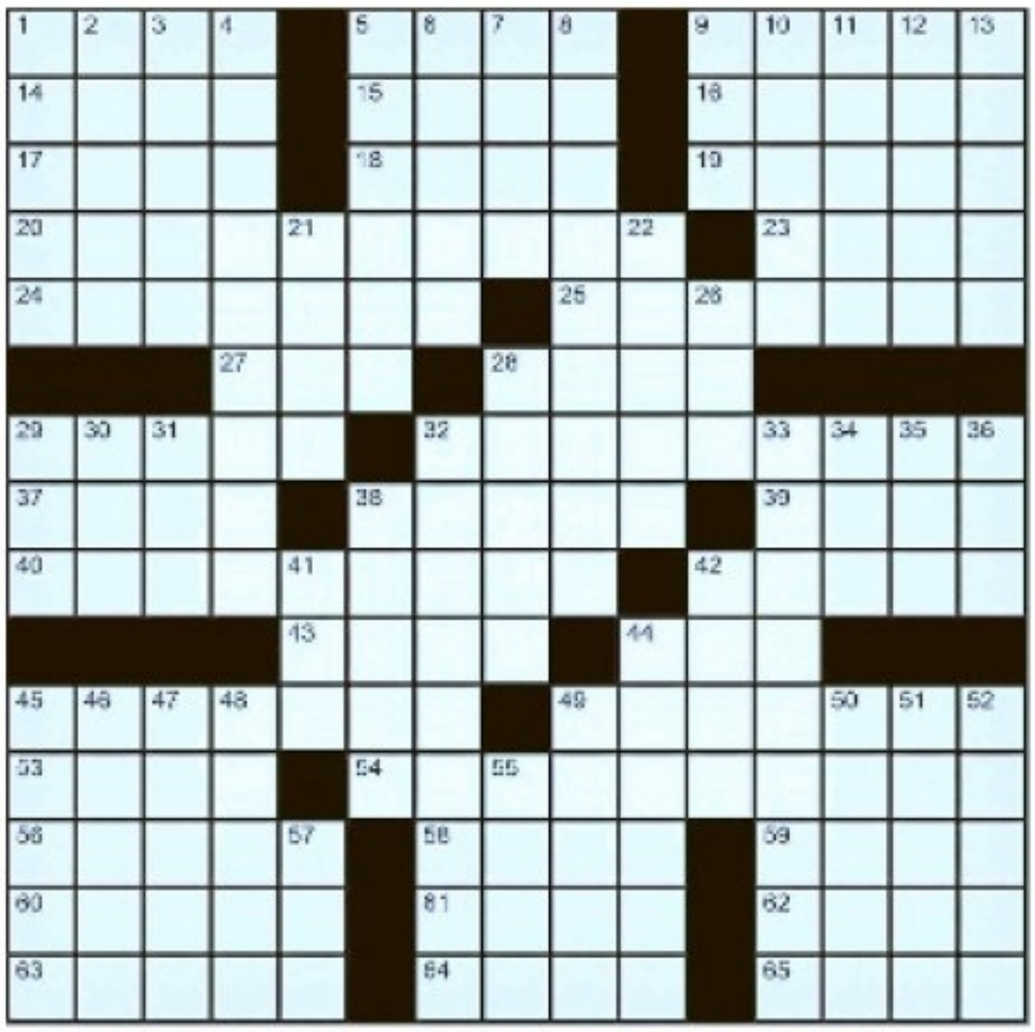
CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Composed
5. __ up (Support)
9. Throbs
14. Margarine
15. Diner side order
16. Will, fancy-style
17. Ken of "thirty-something"
18. "Tell me __ haven't heard before!"
19. Sorta
20. People to look up to: 2 wds.
23. Diving bird
24. 'The Town of Friendly People' in the South Georgian Bay area of Ontario
25. Serving soup
27. Yo-Yo or Slinky
28. Read: French
29. Canadian actor Raymond's
32. Cake decorator's tool: 2 wds.
37. Largest continent
38. Garbage spots
39. Shield's centre knob
40. Acadian dish of grated potatoes: 2 wds.
42. Hemmed-and-__ (Hesitated)
43. Deeply absorbed
44. Furrow
45. Ironer's target
49. Sticky forest resin: 2 wds.
53. Santa __, California
54. Column-like formation rising from a cavern's floor
56. Perform off-the-cuff
58. Twofold
59. Many times: 2 wds.
60. Vex
61. Segment
62. Ms. Horne
63. Carried
64. Mr. Preminger
65. Figure skating jump

DOWN
1. Beer brand, __ Light
2. Dispense
3. Priestess in Georges Bizet opera The Pearl Fishers
4. Movie of 1965 in which Canadian actor Glenn Ford stars as a policeman with financial problems, with The: 2 wds.
5. "Feh!"
6. Holidaying human's hope: letter + word + letter
7. "__ where wide the golden sunlight flows..." - Richard Watson Gilder
8. Ryan of "Gosford Park" (2001)
9. Inquire
10. Cool down
11. Vietnam's capital
12. American Gothic city in Iowa
13. Gnarly! instead of Great!, for instance
21. Followers of H-I-J-K-Ls
22. Draped dresses
26. Lair
28. Boundary
29. Saloon
30. G7 member
31. Mr. Torn
32. Casey and Finnegan: 2 wds.
33. Central American nation
34. Since-1916 car co.
35. Mr. Vigoda
36. Deity
38. Bargains
41. Bug
42. __ jury
44. __ Bridge (1500s-built oldest crosser of Venice's Grand Canal)
45. Blanketed, to a Bard
46. __ Drive (Swanky street in Beverly Hills)
47. Small island
48. Green
49. S'il vous __ (Please)
50. Proctor __ (Kitchen appliance company)
51. Make amends
52. Bloom bit
55. Kyle Richards, to Paris Hilton
57. __ of lettuce

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Continue to focus on matters related to shared property, inheritances, taxes and debt, because this is what you need to sort out. You also have practical ideas about this.

Taurus April 21 - May 21
You will need more rest now because during this time of year, you are tired. Nevertheless, discussions with others will be lively and dynamic. Look for ways to improve your job.

Gemini May 22 - June 21
At this time, you are setting high standards for yourself because you want to be efficient, productive and effective in everything you do. With this winning attitude, you can't lose!

Cancer June 22 - July 23
Make sure you take time for the arts, sporting events and playful activities with children, because this month you want to enjoy yourself. It's perfectly OK to put yourself first.

Leo July 24 - Aug. 23
Home, family and your private life continue to be your focus now. Act on practical ideas about making repairs where you live.

Virgo Aug. 24 - Sept. 23
Short trips and discussions with others will create a busy schedule. In addition, many of you are reading, writing and studying more than usual.

Libra Sept. 24 - Oct. 23
Your focus is on money, earnings and cash flow, but you also are wondering about your basic values in life. Essentially, the question is: What really matters?

Scorpio Oct. 24 - Nov. 22
With the Sun in your sign now, you easily attract people and favorable situations. Make the most of this, because it isn't always this easy.

Sagittarius Nov. 23 - Dec. 21
Work alone or behind the scenes, because this will suit you now. Avoid shopping today for anything other than food or gas.

Capricorn Dec. 22 - Jan. 20
You are popular now. Not only will you be involved with friends, but group activities will also place demands on you. People are willing to help.

Aquarius Jan. 21 - Feb. 19
You look good in the eyes of others, especially bosses, VIPs and parents. Knowing this, you can make your pitch and ask for what you want.

Pisces Feb. 20 - March 20
Grab every chance to travel that comes your way now, because you need a change of scenery. If you can sign up for a course or pursue further studies, this will please you as well.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

		9		5		6		
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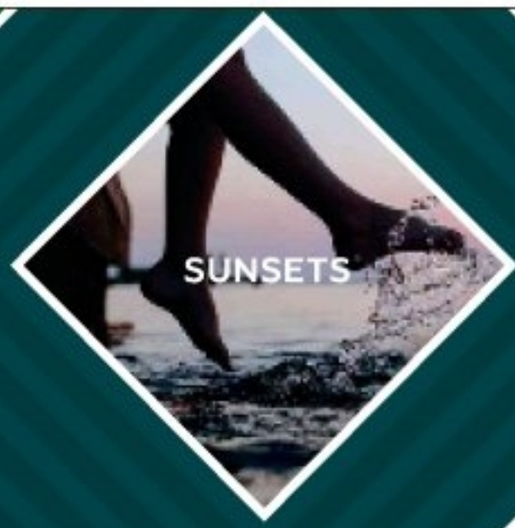

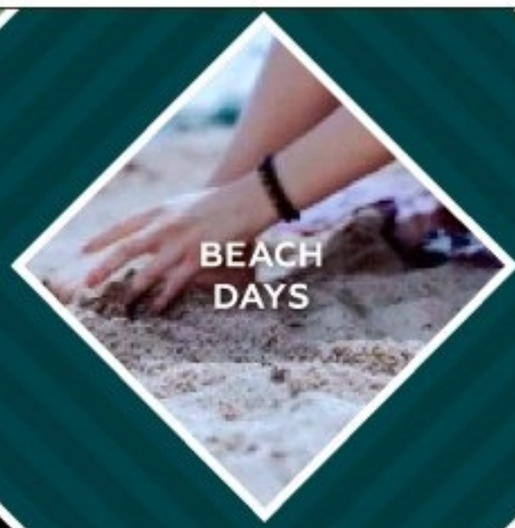

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